

We are a Monday to Friday 9-5pm service and can offer six to ten sessions to work on your goals, which you will identify with the help of your community connector.



If you think you would benefit from this service and are 18+ you can self-refer by ringing Barnsley Recovery College.

### Getting in touch:



**01226 730433**

Ask for Stacey Corbett or Lisa Hart



[community.connectors@swyt.nhs.uk](mailto:community.connectors@swyt.nhs.uk)

If you require a copy of this information in any other format or language please contact the Trust.



## Barnsley mental health community connectors team

**This new service delivers recovery focussed interventions, such as gradually building confidence around anxiety provoking situations and experiences, psychoeducation, accessing the Recovery College and enabling individuals to connect with their local communities in Barnsley.**

## **What is a community connector?**

Community connector roles are based on direct lived experience of mental health difficulties. We offer emotional and practical support to people going through similar kinds of experiences.

**We use our own lived experiences to connect with people and can help you by:**

- Giving you a sense of hope and wellbeing.
- Support you to gain control over your life.
- Help you to engage to build connections and have a sense of belonging within your local community.



## **What we do**

It's not uncommon for some people to feel patronised or misunderstood when discussing mental health issues. Speaking to someone with similar experiences can often remove this feeling.

We can offer weekly visits to your home environment or a community setting to work with you face to face.

**We can help with:**

- 1:1 support.
- Signposting to other relevant organisations, agencies and community groups.
- Developing your goals and aspirations.
- Accessing community resources.



- Engaging with local communities across Barnsley.
- Gradually building your confidence around anxiety provoking situations and experiences.

**Please note we are unable to provide:**

- Crisis intervention.
- Clinical advice, e.g. medication.
- Transport.

## **How can a community connector help me?**

**We understand.**

As community connectors we understand what you are going through and coping with. We know sometimes people can feel isolated and stigmatised. We understand you are not the only one going through your struggles. There is support available to you.

Interpreters are available for non-English speaking service users.



## **The principles of community connectors**

**Trust** – Feeling safe and having confidence in relationships and outcomes.

**Hope** – Feeling you can achieve what can be had.

**Self-determination** – Living the life you want to live.

**Commonality** – Shared beliefs and goals.

**Empathy** – Understanding and sharing the feelings of another.

**Equality** – Having equal value and power.

**Diversity** – Different and varied life elements and characteristics.

